



# Adult Special Interest

## Faux Finish Class

(Ages: 18 yrs to Adult)

Faux Finish is an art form to create the illusion of a real texture or dimension to a surface, such as wood, using paint and/or tools. Through this practice, one can create a number of "fake" appearances on a surface to add to the decor of one's home. Your houseguests will be amazed at the creativity of your "new" home.



4020.306 Mon, May 14 6:00pm-9:00pm

1 Session each

\$35 City, \$40 Non-City Resident

Instructor: Nancy Hudson

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-city

## Stamping for Adults

(Ages: 16 yrs to Adult)

Each class will have a "make and take" project using different stamping techniques. Demonstrations and workshops will have a mix of all-occasion greeting cards, birthday cards, thank-you notes, gift tags, bookmarks, etc. A \$5 supply fee is included in the price.

4044.202 Sat, Apr 14 10:00am-12:00pm

1 Session at the Dorothy Hart Community Center

\$15 City and Non-City Residents

Instructor: Peggy Seskey

Registration begins: 1/3 City 1/10 Non-City

## Stamping for Family

(Ages: 8 yrs to Adult)

Each class will have a "make and take" project using different stamping techniques. Demonstrations and workshops will have a mix of all-occasion greeting cards, birthday cards, thank-you notes, gift tags, bookmarks, etc. A \$5 supply fee is included in the price.



4044.203 Sat., Apr 21 10:00am-12:00pm

1 Session at the Dorothy Hart Community Center

\$15 City and Non-City Resident

Instructor: Peggy Seskey

Registration begins: 1/3 City 1/10 Non-City

## Ready? Set? Show!

(Ages: 18 yrs to Adult)

Ready to show your artwork? Join us for this one night workshop and learn what it takes to go from amateur to professional. We'll cover resume writing, what to include in your slide submissions, approaching galleries, and the craft show basics. Participants are encouraged to bring samples, photos, or slides of their artwork and lots of questions!

4673.213 Mon, Feb 12

7:00pm-9:00pm

1 Session

\$20 City and Non-City Resident

Dorothy Hart Community Center

Instructor: Joni Ulman-Lewis

Registration begins: 1/3 City 1/10 Non-City



## Mosaic Tile Workshop

(Ages: 12 yrs to Adult)

Learn the basics of mosaic tile in this one night class. We'll cover gluing, grouting, and tile cutting techniques. All participants will make a sampler suitable for hanging or use as a trivet. This class is perfect for mother and daughter, father and son or girls night out. All supplies included.

4673.212 Mon, Feb 5 7:00pm-9:00pm

1 Session

\$39 City, \$44 Non-City Resident

Instructor: Joni Ulman-Lewis

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City



## Drawing I

(Ages: 16 yrs to Adult)  
Always wanted to draw, but never took the time? Make this the winter you learn. Whether you are just a beginner or have some experience and just want to sharpen your skills, this class is for you. We will be looking at perspective, composition, shading and some other drawing basics. Supply List: - one 18" x 24" newsprint drawing pad, two #2 Pencils, two #3 Pencils, and one hand held pencil sharpener.

### Daytime

4012.115	Thur, Feb 1 - Feb 22	10:00am-12:00pm
4012.116	Thur, Mar 1 - Mar 22	10:00am-12:00pm
4012.310	Thur, Apr 5 - Apr 26	10:00am-12:00pm
4012.312	Thur, May 3 - May 24	10:00am-12:00pm

### Evening

4012.210	Thur, Feb 1 - Feb 22	7:00pm-9:00pm
4012.212	Thur, Mar 1 - Mar 22	7:00pm-9:00pm
4012.315	Thur, Apr 5 - Apr 26	7:00pm-9:00pm
4012.316	Thur, May 3 - May 24	7:00pm-9:00pm

4 Week Sessions each

\$41 City, \$53 Non-City Resident

Nancie Harris' Studio

Instructor: Nancie Harris

Registration begins: 1/3 City 1/10 Non-City

## Working with Acrylics

(Ages: 18 yrs to Adult)

A nice mid-week break for budding artists. You will learn about mixing paints, drawing, preparing paint surfaces and basic techniques. Whether you are just beginning or have some experience with acrylics, Ed will work with you to inspire your creativity.

No experience necessary, just come ready to paint. Pick up a supply list when you register. No class February 6 or May 1.



4035.231	Tue, Jan 23 - Feb 27	10:00am-12:00pm
4035.301	Tue, April 10-May 22	10:00am-12:00pm
	(no class 2/6 or 5/1)	

6 Week Session

\$40 City, \$54 Non-City Resident

Instructor: Ed King

Dorothy Hart Community Center

Registration has already begun

## Watercolor I

(Ages: 16 yrs to Adult)

Get to know the artist within you. Learn the basics of this beautiful medium with artist Nancie Harris. Find your particular style and feel your creative energy flow as you learn how to begin painting your own watercolors. Each student will work on 4 pieces throughout the course. The theme of the class will be a flower theme. Pick up a supply list when you register. No experience necessary.



### Daytime

4031.215	Tue, Feb 6 - Feb 27	10:00am-12:00pm
4031.216	Tue, Mar 6 - Mar 27	10:00am-12:00pm
4031.305	Tue, Apr 3 - Apr 24	10:00am-12:00pm
4031.306	Tue, May 1 - May 22	10:00am-12:00pm

### Evening

4031.217	Tue, Feb 6 - Feb 27	7:00pm-9:00pm
4031.218	Tue, Mar 6 - Mar 27	7:00pm-9:00pm
4031.318	Tue, Apr 3 - Apr 24	7:00pm-9:00pm
4031.319	Tue, May 1 - May 22	7:00pm-9:00pm

4 Week Sessions each

\$41 City, \$53 Non-City Resident

Nancie Harris' Studio

Instructor: Nancie Harris

Registration begins: 1/3 City 1/10 Non-City

## Johnny Johnson's Water Media

(Ages: 18 yrs to Adult)

If you like to dabble in watercolors and related art forms, this class would be a great opportunity to inspire your creativity and improve your skills. You will need to bring your own water media supplies. If you don't have any, wait until after the first class to purchase some. There are only a few spots open in this multi-level class, so register early. No class 3/15, 3/22, and 3/29.

4037.301      Thur, March 1-May 10  
10:00am-12:00pm

8 Week Session

\$40 City, \$54 Non-City Resident

Instructor: Johnny Johnson

Dorothy Hart Community Center

Registration has already begun

## Acrylics I

(Ages: 16 yrs to Adult)

This easy, portable art will offer even beginning artists a chance to express themselves with paint. We'll look at basic acrylic techniques, try an acrylic collage, a wash, and even a still life.

Make this the year you try something new and creative. Supply List: Starter set, small, medium, large brush, basic colors, 24" x 22" canvas to start with and palette. No experience necessary.



### Daytime

4035.202	Wed, Feb 7 - Feb 28	10:00am-12:00pm
4035.204	Wed, Mar 7 - Mar 28	10:00am-12:00pm
4035.305	Wed, Apr 4 - Apr 25	10:00am-12:00pm
4035.306	Wed, May 2 - May 23	10:00am-12:00pm

### Evening

4035.222	Wed, Feb 7 - Feb 28	7:00pm-9:00pm
4035.223	Wed, Mar 7 - Mar 28	7:00pm-9:00pm
4035.308	Wed, Apr 4 - Apr 25	7:00pm-9:00pm
4035.309	Wed, May 2 - May 23	7:00pm-9:00pm

4 Week Sessions each

\$41 City, \$53 Non-City Resident

Instructor: Nancie Harris

Nancie Harris' Studio

Registration begins: 1/3 City 1/10 Non-City

## Artist's Workshop

(Ages: 16 yrs to Adult)

This class is for the experienced artist who is looking for new techniques in drawing or water media (watercolors or acrylics) or the opportunity to perfect old ones. Each class will end with a critique.

Demonstrations will be based on the students needs. Artists are expected to provide their own materials. Come

ready to work on the first class. No class April 12.



4033.225	Thur, Jan 25 - Feb 15	6:30pm-8:30pm
4033.227	Thur, Feb 22 - Mar 15	6:30pm-8:30pm
4033.304	Thur, Mar 29 - Apr 26	6:30pm-8:30pm
4033.305	Thur, May 3 - May 24	6:30pm-8:30pm

4 Week Sessions each (No class 4/12)

\$45 City, \$50 Non-City Resident

Instructor: Karen Ann Richards

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

*Classes fill on a first-come,  
first-served basis.*

*Don't wait... sign up today.*

## Free Income Tax Assistance

This program is co-sponsored by AARP and Fredericksburg Parks and Recreation. Trained volunteers provide Federal and Virginia state tax preparation assistance to senior citizens (60 and better) and others who may need help. Completed returns are filed electronically. To receive service on a first-come, first-served basis, you must bring a **government issued photo I.D. for the taxpayer (and spouse, if married and filing jointly), as well as Social Security cards for all persons listed on the return. THIS IS AN IRS REQUIREMENT WHICH WE CANNOT WAIVE!** In addition, please **bring copies of your 2004 tax returns, all forms W-2, 1099s issued to you, and any other documentation of income and/or deductions. For joint returns, both spouses must be present to receive service.** Due to the program's popularity, we suggest you arrive prior to 12 noon; we make every attempt to provide same-day service.



Tuesday & Thursdays, 9:30am - 3:00pm

February 1 - April 12

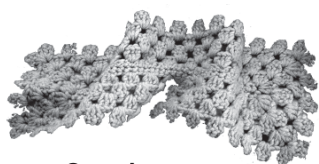
FREE for City and Non-City Residents

Dorothy Hart Community Center



*Tax Help is on a first-come,  
first-served basis.  
Bring your documentation with you.*





## Learn to Crochet

(Ages: 12 yrs to Adult)

This is the perfect class to learn something new. You can always take what you learn and make gifts for family and friends or just make yourself a nice scarf for the cold days. All supplies are included! Just bring yourself and learn how to crochet. Advanced beginners are always welcome.

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5063.203	Tue, Jan 16	5:00pm-6:30pm
5063.205	Tue, Mar 13	5:00pm-6:30pm
5063.303	Tue, May 15	5:00pm-6:30pm

1 Session each

\$18 City, \$24 Non-City Resident

Instructor: Susanne Howlett

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

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## Learn to Knit

(Ages: 12 yrs to Adult)

All supplies included! Just bring yourself and learn how to knit. Learn the basic stitches and leave our class well on your way to a brand new scarf just in time for the holidays. Advanced beginners are always welcome.




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5063.207	Tue, Feb 13	5:00pm-6:30pm
5063.208	Tue, Apr 17	5:00pm-6:30pm

1 Session each

\$18 City, \$24 Non-City Resident

Instructor: Susanne Howlett

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

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## Photo Transfer

(Ages: 15 yrs to Adult)

Learn to create beautiful image transfers on watercolor paper using Polaroid film. You will have the opportunity to make these transfers using your 35mm slides or 4x6-inch photographs (photos and slides will NOT be destroyed in the process). This workshop is open to all skill levels. Images that work best are close-ups, nature, or low-contrast images. Bring 4-6 photos of your own.




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4670.204 Sat, Mar 24 9:30am-1:30pm  
1 Session

\$45 City, \$55 Non-City Resident, plus \$20 materials fee

Instructor: Suzanne Ludlum-Loose

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

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## Metal Embossing

(Ages: 18 yrs to Adult)

Do you want to learn a new type of art that your friends will be jealous of? Come out and learn metal embossing. It is a great medium to create a great piece of art or transfer pictures for framing. Using metallic medium, one can add a greater depth to their art pieces.

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4020.308 Mon, May 21 6:00pm-9:00pm  
1 Session

\$40 City, \$45 Non-City Resident

Instructor: Nancy Hudson

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

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## Scrapbook Workshop

(Ages: 16 yrs to Adult)

Come out and learn some scrapbooking. Each class will have a "make and take" project in addition to discussion of various techniques and ideas. After a brief demonstration, each participant will make a themed two-page project. Scrapbook pages and embellishments will be furnished. Each participant is encouraged to bring photos and special mementos. A \$5 supply fee is included in the price.




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4040.221	Tue, Feb 13	7:00pm-9:00pm
4040.229	Tue, Mar 13	7:00pm-9:00pm

1 Session each

\$15 City and Non-City Resident

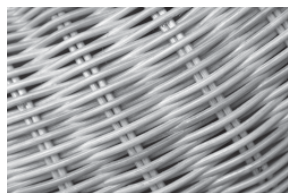
Instructor: Peggy Seskey

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

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*Try a new hobby!  
Sign up for one of these  
arts & craft classes today.*



## Basket Classes with Debby Wells

### Plaited Mountain Apple Basket

(Ages: 13 yrs to Adult)

This round based basket has a bump in the bottom that allows apples to be carried without rolling into each other. Create an odd number of spokes and weave continuously under/over. The rim is lashed on around a handle you will notch yourself. Dye it to finish the project. This class is two sessions. Supply fee is \$22.

4043.302 Sat, Mar 31 - Apr 7 9:00am-1:15pm

2 Week Session

\$64 City, \$69 Non-City Resident (supply fee included)

Instructor: Debby Wells

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

### Shelley's Wedding Basket

(Ages: 13 yrs to Adult)

This square basket was designed to carry wedding favors. Sides are start/stop and the rim is lashed on around an embellished oak handle insert. Complete with dye. Supply fee is \$15.

4043.410 Sat, Jun 2 9:00am-1:15pm

1 Session

\$36 City, \$ 41 Non-City Resident (supply fee included)

Instructor: Debby Wells

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

### Twined French Bread Basket

(Ages: 13 yrs to Adult)

This is a long rectangular basket with twined bottom and sides. Braid the rim to finish and color with stain. This is a great beginner basket. Supply fee is \$11.

4043.213 Sat, Jan 27 9:00am-1:15pm

1 Week Session

\$32 City, \$37 Non-City Resident, (supply fee included)

Instructor: Debby Wells

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

### Ribbed Melon Basket

(Ages: 13 yrs to Adult)

This is the starting point for other ribbed baskets. Learn how to create the handle, base, and rim with round reed. Weave two God's eyes, to secure the handle to the rim, set ribs, and weave continuous under/over to finish. Color with dye. Supply fee is \$11.

4043.210 Sat, Feb 3 9:00am-1:15pm

1 Session

\$32 City, \$37 Non-City Resident (supply fee included)

Instructor: Debby Wells

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-city

### Shaker Cat's Head Basket

(Ages: 13 yrs to Adult)

This square basket sits up on four points. Upside down it resembles a cat's head. Sides are start/stop and the rim is lashed on. Add color with dye. Supply fee is \$11.

4043.301 Sat, Mar 3 9:00am-1:15pm

1 Session

\$32 City, \$37 Non-City Resident (supply fee included)

Instructor: Debby Wells

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City



### Shaker Spoon Basket

(Ages: 13 yrs to Adult)

This plaited basket is oval shaped with some of the same traits as the cat's head basket, the corners stand up on points. The sides are start/stop and the rim is lashed on. Color with dye. Supply fee is \$11.

4043.303 Sat, May 5 9:00am-1:15pm

1 Session

\$32 City, \$37 Non-City Resident (supply fee included)

Instructor: Debby Wells

Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

## LB's Cooking Classes

(Ages: 16 yrs to Adult)

LB's cooking classes featuring foods from around the world. Each month we'll explore amazing dishes, concentrating on either a specific location and/or category. Expand your culinary talents regardless of your cooking level at this hands-on recreational cooking class. Taste all the food that is prepared in class, receive a copy of the recipes, and make new friends. Each activity is a different class. You can take them in a row or mix and match them up. If you register for 4 classes, you can save \$10.00

### Low Fat!

A most flavorful menu that welcomes winter on a positive note. These meals promise great taste and low fat!

4010.112	Wed, Jan 17	6:00pm-8:00pm
4010.113	Wed, Jan 24	6:00pm-8:00pm

### French Cuisine

This month is "French Cuisine" which will feature classic recipes such as crème brûlée, blue cheese soufflé, as well as new recipes from top French chef, Michel Roux.

4010.114	Wed, Feb 7	6:00pm-8:00pm
4010.115	Wed, Feb 21	6:00pm-8:00pm
4010.116	Wed, Feb 28	6:00pm-8:00pm



### Italian Cuisine

This month is "Italian Cuisine" - from classic crepe manicotti to dazzling tiramisu, and many more fine Italian delights in between. These are guaranteed to become "keeper recipes."

4010.210	Wed, Mar 7	6:00pm-8:00pm
4010.211	Wed, Mar 14	6:00pm-8:00pm
4010.212	Wed, Mar 21	6:00pm-8:00pm
4010.217	Wed, Mar 28	6:00pm-8:00pm

### Vegetarian Cuisine

This month is "Vegetarian Cuisine". Eating healthy has become a priority. Learn just how easy and delicious this can be. Look forward to spicy black bean cakes, spring soups, salads and much, much more!

4010.213	Wed, Apr 4	6:00pm-8:00pm
4010.214	Wed, Apr 11	6:00pm-8:00pm
4010.215	Wed, Apr 18	6:00pm-8:00pm
4010.216	Wed, Apr 25	6:00pm-8:00pm

### Mexican Cuisine

This month is "Mexican Cuisine"- experience true Mexican foods. Popular recipes from different regions. We'll create a variety of salsas, sauces, seafood dishes, and desserts just to name a few.

4010.300	Wed, May 9	6:00pm-8:00pm
4010.303	Wed, May 16	6:00pm-8:00pm
4010.304	Wed, May 23	6:00pm-8:00pm
4010.305	Wed, May 30	6:00pm-8:00pm

1 Session each. Sign up for one or as many as you like.

\$30 City, \$35 Non-City Resident per class. Register for four (4) classes and save \$10!

Food is included in the price of the class.

Classes held at the Dorothy Hart Community Center

Instructor: Laurie Beth Gills

Registration begins: 1/3 City 1/10 Non-City



### Video Series: For Your Natural Health

Sign up and come watch one, two, or all three of these informative videos. We have three different topics this spring.



### Cholesterol- Fact & Myth

(Ages: 16 yrs to Adult)

Ever have questions about your cholesterol? Come view a one hour video on the causes and natural protocols for Cholesterol. The film will address a natural approach to the care and maintenance of these issues with alternative solutions.

2430.203      Thur, Feb 8      6:30pm-8:00pm

### Diabetes- A Modern Epidemic

(Ages: 16 yrs to Adult)

This is a one-hour video series on the causes and natural protocols for Diabetes, today's modern epidemic. Important highlights of the film are Type I Diabetic, Type II Diabetic, health problems associated with diabetes such as cardiovascular disease, circulation problems, blindness, weight gain, diet, and exercise. The film will address a natural approach to the care and maintenance of these issues with alternative solutions.

2430.205      Mon, Apr 2      6:30pm-8:00pm

### High Blood Pressure

(Ages: 16 yrs to Adult)

This is a one-hour video on the causes and natural protocols for high blood pressure. Important highlights of the film are Hardening of the Arteries, Excess weight, fluid retention and kidney function, vasoconstriction, and stress. The film will address a natural approach to the care and maintenance of these issues with out prescription medications.

2430.204      Thur, Mar 1      6:30pm-8:00pm

1 Session each at the Dorothy Hart Community Center  
\$5 City and Non-City Resident per session  
Instructor: JoAnna Cassidy-Farrell  
Registration begins: 1/3 City 1/10 Non-city

### Herbs for Women's Health

(Ages: 18 yrs to Adult)

In this lesson, you will learn the vast array of herbs and natural therapies available for the prevention and care of women's health problems. The instructor JoAnna Cassidy-Farrell speaks on the subject of the reproductive system with concern for all the imbalance, pain, and disease that rests in our female organs today from the pre-menstrual to menopause.

4682.222      Thur, Feb 15      6:30pm-8:00pm

4682.224      Thur, May 17      6:30pm-8:00pm

1 Session each at the Dorothy Hart Community Center

\$35 City, \$40 Non-City Resident

Instructor: JoAnne Cassidy-Farrell

Registration begins: 1/3 City 1/10 Non-City



### Alkalize or Die

(Ages: 18 yrs to Adult)

This class teaches how illness and disease are directly linked to over acidity in the body system. The tools and information provided in this class will help each person evaluate their alkaline/acid situation and determine a course of correction with herbs and nutritional supplements to achieve a ph balance for better health. Joanna Cassidy-Farrell is a certified herbalist and horticulturist.

4682.225      Thur, Mar 8      6:30pm-8:00pm

4682.308      Thur, May 10      6:30pm-8:00pm

1 Session each at the Dorothy Hart Community Center

\$30 City, \$35 Non-City Resident

Instructor: JoAnna Cassidy-Farrell

Registration begins: 1/3 City 1/10 Non-City

### Herbal Health Program - One Size Fits All!

(Ages: 18 yrs to Adult)

Although we are all biochemically unique and not everything works for everybody, there are basic supplements that almost everyone needs. A lot of people are very low energy and are tired of being sick and tired. The truth is that it is easier to stay well than it is to get well. This class supplies interesting information that will benefit and maintain a basic all over herbal health program for anybody. Joanna Cassidy-Farrell is a certified herbalist and horticulturist.

4682.230      Thur, Jan 18      6:30pm-7:30pm

4682.233      Thur, Feb 1      6:30pm-7:30pm

1 Session each at the Dorothy Hart Community Center

\$30 City, \$35 Non-City Resident

Instructor: JoAnna Cassidy-Farrell

Registration begins: 1/3 City 1/10 Non-City



**Heart Saver CPR & First Aid Certification**

(Ages: 16 to Adult)

This course covers it all: child/infant and adult CPR and basic first aid. Take one Saturday and be prepared to take care of your family and friends in an emergency. Certification card upon successful completion of course & test. \*Optional books may be purchased for \$10.

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2110.203	Thur, Jan 18	9:30am-3:30pm
2110.205	Wed, Apr 18	9:30am-3:30pm
2110.308	Thur, May 3	9:30am-3:30pm

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1 Session each at the Dorothy Hart Community Center  
 \$40 City or Non-City Resident  
 Instructor: Tim Carpenter  
 Registration begins: 1/3 City 1/10 Non-City

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**Heart Saver CPR Certification**

(Ages: 16 yrs to Adult)

This course will cover CPR for adults and children and will result in certification upon completion of the written test. \*Optional books may be purchased for \$10.

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2110.206	Sat, Mar 3	9:00am-12:30pm
2110.310	Wed, Mar 21	1:00pm-4:30pm

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1 Session each at the Dorothy Hart Community Center  
 \$35 City and Non-City Resident  
 Instructor: Tim Carpenter  
 Registration begins: 1/3 City 1/10 Non-City

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*Register for these classes and more at the  
 Fredericksburg Parks and Recreation Office,  
 located in the Dorothy Hart Community Center, 408 Canal St.*

**Life Map Workshop**

(Ages: 16 yrs to Adult)

Want to know what it is you're really looking for in your life, and where you are on the road to getting it? Come join us for this hands-on workshop (you do not have to have any artistic talent at all!) where you create your own life map, and take a closer look at making the most of your life. Come to one or both workshops—you'll gain more insight the longer you work with this life map. A chance to nurture your spirit and charge your batteries.




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2452.215	Thur, Jan 25	7:00pm-9:00pm
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1 Session

\$40 City and Non-Resident  
 Instructor: Nancie Harris  
 Dorothy Hart Community Center  
 Registration begins: 1/3 City 1/10 Non-City

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**Stop Smoking**

(Ages: 16 yrs to Adult)

This time you're going to quit smoking for good! Nancie Harris, a registered hypnotist for behavior modification, will help you quit without withdrawal symptoms, chemicals or medication, using relaxation and behavior modification techniques. Nancie will teach you the new behavior skills to get rid of your addiction. Hypnosis, although NOT a magic potion, is one way to help you keep an even keel, put yourself first, and quit smoking for good. Why not give it a try? Class size is limited.




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2460.311	Fri, Jan 19	7:00pm-9:00pm
2460.301	Fri, Feb 23	7:00pm-9:00pm
2460.302	Fri, Mar 30	7:00pm-9:00pm
2460.304	Fri, Apr 27	7:00pm-9:00pm

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1 Week Session each  
 \$35 City, \$47 Non-City Resident  
 Dorothy Hart Community Center  
 Instructor: Nancie Harris  
 Registration begins: 1/3 City 1/10 Non-city

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**Remember...**

Each class has a limited number of spaces - which may fill quickly. On those classes that haven't already filled - we may cancel due to lack of enrollment. Either way those who were planning to sign up at a later date miss out!! Don't wait to sign up.



## Making Sense of the College Savings Programs

(Ages: 16 yrs to Adult)

It's never too soon to start a college savings plan. Val Folden, CFP will compare various Prepaid College Savings Plan options offered by the State of Virginia, Educational IRA's, as well as other investment alternative to providing means to pay for the college education of your children or grandchildren. The sooner you start saving, the better!



4622.313 Wed, Apr 25 7:00pm-8:00pm  
1 Session at Dorothy Hart Community Center  
\$5 City and Non-City Resident  
Instructor: Val Folden, CFP  
Registration begins: 1/3 City 1/10 Non-City

## Financial Ramification of Divorce

(Ages: 16 yrs to Adult)

As tough as divorce is, there are certain issues that need to be discussed. This class will talk you through financial concerns that you may have.

4620.314 Wed, Feb 21 7:00pm-8:30pm  
1 Session at Dorothy Hart Community Center  
\$5 City and Non-City Resident  
Dorothy Hart Community Center  
Instructor: Val Folden, CFP  
Registration begins: 1/3 City 1/10 Non-City



## Taking the Mystery out of Investing

(Ages: 16 yrs to Adult)

If you keep hearing about IRAs and Mutual Funds, cd's and certificates, and you don't know what everyone is talking about, this is the class for you. Val will explain just what all these investments are in a way that is understandable to

even the novice investor. You don't need a lot of extra money to start on your way to investment savings for big pay offs later. It's never too soon to start, so take the first step with this workshop. You'll be glad you did.

4620.311 Wed, Mar 7 7:00pm-8:00pm  
1 Session at Dorothy Hart Community Center  
\$5 City and Non-City Resident  
Instructor: Val Folden, CFP  
Registration begins: 1/3 City 1/10 Non-City

## Intermediate Bridge Lessons

(Ages: 12 yrs to Adult)

This class is for those who know how to play bridge, but might need to learn some more things or just want to play. The class will cover, but is not restricted to Negative Doubles, Finesses, Third and Fourth seat openings, Two-suit overcalls, Balancing, Signaling your Partner—Defensive carding, Cue Bids, Interference over NT, and Reverse. This class will include an hour of instruction with at least an hour of practice (playing the game). There will be a supply fee of \$5 for a spiral book that will include basics and topics that are discussed in class.



4611.201 Wed, Feb 7 - Apr 4 6:00pm-8:30pm  
9 Week Session  
\$30 City, \$35 Non-City Resident, plus \$5 supply fee  
Instructor: Judith Haney  
Dorothy Hart Community Center  
Registration begins: 1/3 City 1/10 Non-City

## Spanish for Beginners

(Ages: 18 yrs to Adult)

Spanish is growing fast these days, so don't miss your chance to learn some of the basic phrases and sentences. Nancy, the instructor, will introduce you to the basics to help you in the work place or just in every day conversation. No class 4/9.



4490.301 Mon, March 12-May 7 7:00pm-8:00pm  
8 Week Session (no class 4/9)  
\$35 City, \$40 Non-City Resident  
Instructor: Nancy Hudson  
Dorothy Hart Community Center  
Registration begins: 1/3 City 1/10 Non-City

## The Clutter Clinic

(Ages: 16 yrs to Adult)

A realistic approach to clearing closets, attics, kitchens, photos and memorabilia, paper piles, knick-knacks, toys and other clutter culprits.

2425.204 Sat, Feb 10 9:00am-12:30pm  
1 Session  
\$27 City and Non-City Resident  
Instructor: Sue Marie Bowling  
Dorothy Hart Community Center  
Registration begins: 1/3 City 1/10 Non-City



## Horseback Riding - Beginners Plus

(Ages: 7 yrs to Adult)

For those students who have already taken Judy's Horseback Riding Lessons or have some experience with horseback riding. This is an opportunity to practice and learn some more. Classes are held out at the lovely White Buffalo Horse Farm in Orange Co. (just off Rt. 20 near Locust Grove). Register early, class size is limited to 6 riders! No class April 8.

4351.211	Sun, Feb 4 - Feb 25	11:00am-12:00pm
4351.212	Sun, Mar 4 - Mar 25	11:00am-12:00pm
4351.305	Sun, Apr 1 - Apr 29	11:00am-12:00pm
4351.306	Sun, May 6 - May 27	11:00am-12:00pm

4 Week Sessions each (no class 4/8)

\$120 City, \$140 Non-City Resident

White Buffalo Horse Farm

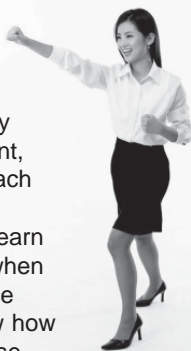
Instructor: Judy Watson

Registration begins: 1/3 City 1/10 Non-City

## RAD for Adults I

(Ages: 12 yrs to Adult)

In a bad situation, would you know what to do? This important "hands-on" program, brought to us by the Fredericksburg Police Department, will give you some safety tips and teach you valuable defense tactics to use should you ever be attacked. You'll learn how and where to kick and hit, and when and what to yell. Gain self-confidence and feel safer knowing that you know how to protect yourself should danger arise.



2511.311	Tue, Apr 17 - May 8	6:15pm-9:15pm
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4 Week Session

\$12 City and Non-City Resident

Dorothy Hart Community Center

Instructor: Sheila Jones, Fredericksburg Police Dept.

Registration begins: 1/3 City 1/10 Non-City

## RAD for Kids

is designed for young people to know what to do in the case of danger. See the class listing on page 15.

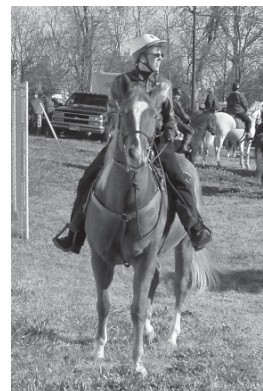
## Ooops! We are human...

Our editors have worked hard to ensure accuracy within our publication. We apologize if something has slipped past our editors. Please call us with any questions.

## Horseback Riding Lessons

(Ages: 13 yrs to Adult)

This exciting program is designed for anyone who is interested in learning to ride. You don't need a horse, or special equipment, just a desire to learn and a love of horses. This is a hands on, get in the saddle class that will cover such topics as Novice Horse Safety, Beginning Ground Training, Grooming, Tacking (understanding variety of horse equipment) as well as Beginner Riding Skills. A great start for you horse lovers who want to try this beautiful sport. Classes are held out at the lovely White Buffalo Horse Farm in Orange Co. (just off Rt. 20 near Locust Grove). Register early, class size is limited to 6 riders! No class April 8.



## Teens 13 yrs to Adults

4351.205	Sun, Feb 4 - Feb 25	3:30pm-4:30pm
4351.206	Sun, Mar 4 - Mar 25	3:30pm-4:30pm
4351.208	Sun, Apr 1 - Apr 29	3:30pm-4:30pm
4351.207	Sun, May 6 - May 27	3:30pm-4:30pm

4351.202	Wed, Feb 7 - Feb 28	6:15pm-7:15pm
4351.203	Wed, Mar 7 - Mar 28	6:15pm-7:15pm
4351.215	Wed, Apr 4 - Apr 25	6:15pm-7:15pm
4351.204	Wed, May 2 - May 23	6:15pm-7:15pm

4 Week Sessions each (no class 4/8)

\$120 City, \$140 Non-City Resident

White Buffalo Horse Farm

Instructor: Judy Watson

Registration begins: 1/3 City 1/10 Non-City



## Horseback Riding Lessons for Children

See the complete class listings for children on page 21.



### Got Dog Problems? Sarah Has Answers!

(Ages: 16yrs to Adult)

Do you wonder why Bongo wee-wees behind dinning room table? Has Esmeralda chewed up all your shoes and your underwear? Is Tonto digging to China, by way of your favorite hydrangea shrub? Does Grandpaw Bob worry your bouncing BoBo will break his hip when he visits? Are you captive to your house because Sugar goes nuts when you leave her alone? Does BibBib hate and espise your new boyfriend? If you have a question, Sarah Ferrell would love to listen and analyze the reasons for all your doggy owes, puppy worries and dog misbehavior concerns. Every question is a good question. Put Poppy on path to perfect canine behavior management. You need this class!

4311.205      Tue, Jan 23      7:00pm-8:30pm  
1 Week Session  
\$9 City and Non-City Resident  
Dorothy Hart Community Center  
Instructor: Sarah Ferrell  
Registration begins: 1/3 City 1/10 Non-City

### Pet First Aid Training

(Ages: 10 yrs to Adult)

Will you know what to do when your pet needs help? Your pet depends on you for his or her well-being. Our Pet First Aid course teaches emergency care procedures for cats and dogs and provides tips for keeping your pet happy and healthy too. Among the things you will learn are; How to approach a sick or injured animal; administering medications; recognizing an emergency; performing CPR and first aid; treating common problems and emergencies requiring immediate attention; and what to stock in a pet first aid kit.



4814.304      Sat, May 5      9:00am-1:00pm  
1 Session  
\$40 City, \$45 Non-City Resident  
Instructor: American Red Cross  
Registration begins: 1/3 City 1/10 Non-City

### Ready! Steady! Train!

#### Manners are Fundamental

(Ages: 16 yrs to Adult)

HUMANS ONLY for this seminar/ demonstration class. Join Sarah for a fun and fact filled evening to teach you basic dog manner skills; Sit! Down! No Jump! Come! Easy! No pull! Go to your Place! Join our dog owner skill building class and learn to lay a firm foundation for mastering basic obedience commands. Sarah's big boy, Gabriel, will show you fundamental manners for all good dogs. This class is offered by request of dog moms and dads who need to come to school but can't fit a weekly basic manners class into hectic schedules. Our "Fundamentals" seminar will place your fine dog on the well-trained paw. After this seminar, you'll be ready to teach your brilliant canine to sit-stay, lie down, walk on a loose leash, and come when called. Emphasis will be on teaching you how to teach your dog to pay attention. Let's teach your fine dog that your face is the most interesting sight in his world.

4311.204      Tue, Mar 27      7:00pm-8:30pm  
1 Week Session  
\$9 City and Non-City Resident  
Dorothy Hart Community Center  
Instructor: Sarah Ferrell  
Registration begins: 1/3 City 1/10 Non-City

### How to Find The Dog of your Dreams

(Ages: 16 yrs to Adult)

How to find the dog of your dreams; Perfect Puppies. Ready rescues look before your leap. A dog is for life. If you're very blessed the dog you bring home today will live with you, love you, depend on you for every breath, every command, every happiness for up to sixteen or more years. A dog is a terrible life to waste. Bring all your questions about how to choose the right tiny pup or ready for rescue older dog. Learn to interview a breeder. Get ready to surf the web for rescue dogs who need you. We will discuss any breed you have on your mind. Join us for a great night of fun.



4311.206      Tue, Apr 3      7:00pm-8:30pm  
1 Session  
\$5 City and Non-City Resident  
Dorothy Hart Community Center  
Instructor: Sarah Ferrell  
Registration begins: 1/3 City 1/10 Non-City



## Basic Dog Manners

(Ages: 16 yrs to Adult)

In this class, using positive reinforcement methods based on current learning theory and behavior modification techniques, we will teach YOU to teach the dog to respond to your commands of: Come, Sit (and Stay), Down (and Stay), and Heel. Dogs of all ages and sizes are welcome, but the dog must be at least 14 weeks old and have had at least 2 of 4 puppy vaccinations. Participants in all classes must show current veterinary vaccination at first night's orientation. Positive reinforcement methods only; we will learn to use a clicker. Students learn to use their clicker to show dogs the desired behavior and give the immediate rewards. A clicker, hot dogs, lots of praise and a dog that you love is all you really need for class. Dogs attend ALL five classes. Please request a supply list and class orientation sheet when you register. All classes are held at Dog Krazy with dogs. No Class February 14.

4310.202 Wed, Jan 24 - Feb 28 7:30pm-8:15pm

5 Week Session (No class 2/14)

Dog Krazy, 1013 Caroline Street

\$80 City, \$90 Non-City Resident

Instructor: Sarah Ferrell

Registration begins: 1/3 City 1/10 Non-City



### Classes held at Dog Krazy

Dog Obedience Classes that require your dog's attendance are held at Dog Krazy. Located at 1013 Caroline Street in downtown Fredericksburg. Follow William Street to Caroline Street. Turn left onto Caroline Street. Please do not call Dog Krazy with questions pertaining to these classes, even cancellation information. CALL Parks & Recreation for information on ALL dog classes. Register at the Community Center, not the store. Call 372-1086 ext. 208 or ext. 0 for information.



## Canine Good Citizen Training Workshop & CGC Test

(Ages: 16 yrs to Adult)

Heard about the new American Kennel Club award for mixed breeds, pure breeds, and ALL well-behaved dogs? Your dog wants to be a Good Citizen! The Canine Good Citizen training will teach you why and how to become an AKC Canine Good Citizen. You and your canine companion will learn techniques for training (loose lead walking, not jumping up, come, sit-stay, down-stay), hints for passing the AKC CGC test, goals to be set for you and your dog and how to get and keep the dog's attention on YOU. We will practice ten obedience tasks of the AKC CGC test in class, and we will take the CGC test in class, and we will take the CGC test as our graduation exercise. ALL interested in nonaggressive dogs welcome - you do not need to have completed the basic dog manners course, but dogs should know the commands: sit, down, come and have mastered loose lead walking. Please request a supply list and class orientation sheet when you register.

4320.203 Wed, Mar 28 7:00pm-9:00pm

1 Session

Dog Krazy, 1013 Caroline Street

\$25 City, \$30 Non-City Resident

Instructor: Sarah Ferrell

Registration begins: 1/3 City 1/10 Non-city

### Important Note:

#### No aggressive dogs,

toward other dogs nor humans may attend these classes. In order to learn in a positive situation and pay close attention to the owner every dog need to feel safe, in a non-threatening environment. Any dog who growls or shows his teeth is not appropriate for these group classes.